



Winter Squash and Roasted Garlic Soup

Makes 6 – 1 Cup Servings

Recipe by Acacia Larson of Home Grown Nutrition, acacia@homegrownnutrition.com

2 Small or 1 large winter squash (kabocha, delicata, butternut)
2-3 Tablespoons olive oil
1 Head garlic
1 Large carrot, peeled and quartered
1 Onion, peeled and quartered
3 Roma tomatoes, quartered (fresh or canned)
1 Handful fresh parsley, rinsed
1 1/2 Teaspoons whole cumin seed
1 Teaspoon sweet Spanish smoked paprika (pimenton de la vera)
Salt and pepper to taste

Roast the Squash & Garlic:

Preheat the oven to 350 degrees. Wash the squash and cut in half lengthwise. Remove the seeds & strings with a spoon and set aside, but do not throw away! With these we will make a quick and delicious stock. Rub the cut squash all over with olive oil, sprinkle with 1/2 teaspoon salt, and place in an oven-proof casserole dish. Cut the top stem portion from the head of garlic so you can see the tops of the garlic cloves peeking out. Place the garlic on a large double piece of foil. Drizzle with 1 teaspoon olive oil, sprinkle with salt, and wrap the foil up the sides of the garlic, twisting at the top to close. Place this packet in the casserole with the squash. Cover the casserole with foil and roast for 30 minutes, then remove the foil and roast for 30 additional minutes until the squash is soft when pricked with a fork. (This step can be done 1 day ahead, refrigerate the squash and garlic until ready to use.)

Make the Squash Stock:

Heat a large soup pot over medium heat. Add 2 tablespoons olive oil, carrot, onion, tomatoes, parsley and squash seeds and strings. Cook for 2 minutes, stirring occasionally. Add 6 Cups water and bring to a simmer. Simmer for 45 minutes to 1 hour, until you take the squash out of the oven. Strain the solids through a fine mesh strainer over a large bowl. Discard the solids. (This step can be done 1 day ahead, cover and refrigerate the stock until ready to use)

Prepare the Spices:

Place 1 1/2 teaspoons whole cumin seed in a small dry skillet over medium heat. Toast, swirling the pan every 30 seconds for 3 – 5 minutes, until the cumin begins to turn golden & smell wonderful. Pour the cumin onto a plate to cool for a minute, then use a mortar & pestle or spice grinder to grind to a powder. (This step can be done 3 days ahead, place in a sealed container in a cupboard until ready to use)

Puree the soup:

When the squash & garlic are cool enough to handle scoop the squash out of its skin into a large soup pot. Squeeze each clove of garlic out of its skin into the pot. Add the cumin, 1 teaspoon smoked paprika, 1/2 teaspoon of salt and 2 cups of stock to the pot. Blend with an immersion blender (or blend in batches in a stand-up blender). Add the remaining stock and stir to blend. Re-warm the soup over medium-low heat. Season with salt & pepper to taste.